

# SEVCA Head Start Newsletter

Monthly Newsletter for February 2024



## FROM THE DESK OF THE DIRECTOR . .

Welcome to February and the bitter temperatures

of winter! May it bring us wonderful vibes for our program. The program year is once again passing us by so quickly! We are excited to start the new year off on a positive note! We have accomplished so much already this program year and look forward to working on the goals in our strategic plan in 2025. One of these is finding a new home for Pine Street Preschool. The Head Start program has been located at 15 Pine Street for the past 60 years, so it is definitely time to find a bigger location! We have outgrown this space and are looking forward to moving into a space that can better meet our needs. We are hoping to find a piece of land, big enough to meet all of our needs, and build, brand new! I will keep you posted as this project gets underway.

I would like to welcome **Sarah Rushford** to our Head Start family. Sarah was a past parent and she will be working at the

Chester Community Preschool as a teacher assistant. We are happy to have her join the team in Chester!

We are currently working on planning for the Self-Assessment which will happen on March 14, 2025. The Self-Assessment is an annual process that all Head Start programs must do to evaluate their program and see what the data is telling us. We analyze several different sets of data to see what the strengths are and the areas that need to be improved for the program. We invite parents, staff, community members, Policy Council and Board members to be part of this fun-filled day. If you would like to be part of this, please let your teacher know at the center or contact Kathleen Murray Koledo at 802-674-8419 /[Kmurraykoledo@sevca.org](mailto:Kmurraykoledo@sevca.org).

We are currently looking for a few more children for this program year and are now accepting applications for the 2025-2026 program year as well. Please reach out to our Family Partners, Katie Murphy for Chester Community Preschool and Michohn Parmenter for Pine Street Preschool if you would like to complete an application.

**In-Kind Winner for the month of December goes to... PSP!**

We are also looking for staff! We have an opening for a Lead/Licensed teacher for Pine Street Preschool and a teacher associate for Chester Community Preschool. There is also a Practice-based Coach/Child Development Support Specialist position available. We have interviews this coming week, so let's hope we can fill the positions! We are also looking for substitutes, so if you are interested in spending time in the classroom and getting paid for it, please contact Jodi Farashahi ([jfarashahi@sevca.org](mailto:jfarashahi@sevca.org)) to complete a sub packet!

Winter has seemed to return (unfortunately!), so please make sure you send your child with the appropriate outside gear, so they can play outside in the wonderful snow! Thank you to the parents that attend all of the parent involvement events that the centers have planned. It means so much to your children when you join them for part of their day!

Happy February Everyone! Stay safe, happy and healthy!

Sincerely,

Lori Canfield

Head Start Director

The following children had **100%** attendance in December:

**Chester Community Preschool:**

**CCP1:** Luna D. Ellum N. Arabella U.

**CCP2:** None

**Pine Street Preschool:**

**Daisy:** James B.

**Willow:** None

**Important Dates to Remember:**

**February 12, 2025** ~ Policy Council Meeting; 9:30AM

**February 14, 2025**~ Early Release, Ed Meeting; Child Care OPEN.

**February 17-21, 2025**~ February Break; ALL Centers are CLOSED and Child Care is OPEN.

**February 28, 2025** Closed for Parent Teacher Conference. Childcare is closed.

**Classroom Updates...**

Chester Community Preschool

**CCP1**

Ms. Jodie, Ms. Karie and Ms. Sarah

What a fun way to start the new year! In January, we explored everything Outer Space. We played fun space games, explored outer space in our space station and rocket ship in dramatic play, read so many books and learned all about the moon, sun, stars, and planets in our solar system. The kids had so much with the Reading Rocket ships and bringing them into school with the titles of the books they read at home with their families. We enjoy singing and dancing and learned a few songs about space that was fun to sing and dance to. We turned the letters E, R, & M into Earth, a Rocketship, & a Meteor! The kids did a fantastic job with listing words that begin with those letters. Our activities all had to do with outer space and we had such a fun time creating things. We made suns, moons, planets, and name constellations. And we

even created another class book called "If I went to space, I would Bring..." and everyone wrote what they would bring with them into space and illustrated their writing! Since we enjoy snack time, we got to make healthy treats of Moon Cakes, Milky Way Galaxy Smoothies and made rockets out of fruit. Miss Carrie came to read to us and we got a visit from Miss Cody from Vermont Institute of Natural Science (VINS) and learned about what we can do with 'loose parts'. We filled our Jewel Jar a few times and got to have an indoor picnic and even PJ day! January was a month packed with activities, fun, and visitors! We are excited to move into February and learn about some of our favorite authors during our Author study. We will be reading and learning more about the authors Eric Carle and Jan Brett!



## **CCP2**

Ms. Randi, Ms. Felica

In January we had a lot of fun exploring activities and books from the author, Mo Willems. Mo Willems writes the popular Pigeon books, the Knuffle Bunny series, and the Piggy and Gerald books. The kids got to explore bird seed in the sensory table and had fun scooping and filling containers with it. It was fun to hear how it sounded as it landed into the containers. They also had fun with a Mo Willems themed memory game and became artists at the paint easel by painting a different character each week. We made knuffle bunny headbands, brought home our own Knuffle bunny for an adventure and made a class book about it. We got to build

our own name ice cream cones after reading, Should I Share my Ice Cream? and gave Pigeon a "bath" by marble painting. This activity was based off of the silly book, Pigeon needs a bath. We are excited to start our Friendship and Kindness unit in February!

## **News from Chester Community Preschool's Family Partner**

February is here and there are only 48 days until Spring! I, personally, can't wait!

Thank you to all families who were able to attend our January Parent Meeting. I know attending extra activities can be challenging, so I appreciate every effort made to attend our Parent Meetings. I am looking for input for our remaining Parent Meetings. These can be an activity or presentation. What would you like to do or learn about? Please reach out and share some ideas!

As always, I am available via phone, email, and Seesaw message should you need anything for your family. We have lots of resources available and I would love to help connect you with the right resources for your family.

Please keep an eye on your child's backpack, Facebook, and Seesaw for more details about Family Engagement activities and other events. Please contact me if you have any questions, comments, or concerns.

Katie Murphy

Family Partner

802.460.0297

[kmurphy@sevca.org](mailto:kmurphy@sevca.org)

## **Pine Street Preschool**

Daisy

Ms. Ruby, Ms. Sarah, & Ms. Meagan

Hello friends! We are so excited to tell you what we have done this month.

We have learned about what animals do in winter. It's pretty interesting to learn that animals have their own ways to survive winter. We learned that some animals hibernate, which means they sleep for a very long time. We learned about what bears do the entire year and of course how they prepare for hibernation. We also learned about migration and did a cool Migration



Craft. It was really fun! We also learned that some animals neither hibernate nor migrate. They stay active. They adapt by changing their bodies or behaviors in winter. We learned that

not all birds migrate. We call them resident birds. We also learned about arctic animals. We did some cool activities such as making a hibernating cave, penguin shapes, migration craft, counting polar animals, penguin craft, measuring arctic animals and more. We learned about the letters N, O, P and Q.

VINS also came and taught us about mixtures and solutions! We did some awesome activities as well.

Next month, our theme is going to be about Friendship and Kindness.

migrate, and adapt. We learned where animals go in winter. We also learned that not all birds fly to the south. Some birds don't migrate and they're called resident birds. We also learned that some animals develop special adaptations to their bodies and behaviors to survive.

We did different activities and crafts such as counting arctic animals, winter



syllables, animals patterning, matched animal tracks, hibernating cave, and migration craft. We also learned about the letters N,

O, and P. VINS came and taught us about mixtures and solutions.

Our friends really loved our cozy igloo in the dramatic play.

Next month, our theme is going to be about Friendship and Kindness. It's going to be another fun and exciting month for all of us.

Willow Room

Ms. Ruby, Ms. Nicholle and Ms. Alyssa



Wow, we can't believe the first month of 2025 has come to an end! Last month, our class had so fun learning about animals in winter and arctic animals. We

learned that animals do different things to survive the cold months of winter. We learned that some animals hibernate,

News Pine

from Street



Preschool's

## Family Partner

Hello everyone!

I will be starting Home Visit #2 after vacation and look forward to meeting with each family. Tax season is coming and SEVCA can help. There is a FREE program for Windsor & Windham County Vermonters. For more information check out

<https://sevca.org/tax-services>



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As we come into tax season it's a good time to look at budgeting and saving so I am planning our February Parent Meeting to discuss some options that you can use to help get on or stay on track. Also, just a reminder to those who pay for their heat, please keep your eye on your heating fuel. If you are struggling to get your next fuel delivery or concerns with your electric disconnect notice SEVCA Family Services may be able to help. Please keep an eye on your child's cubbies for more information about Family Engagement and other events. Please contact me if you have any questions, comments, or concerns.

Michohn Parmenter  
Family Partner  
Pine Street Preschool  
802.460.1285  
mparmenter@sevca.org

## **News from the Education/Disabilities Services Manager**

**Jodi Farashahi**

The cold is finally here! As a reminder, make sure that your child has an extra set of clothes, and their winter gear (snow pants, coat, hat, mittens, snow boots) when the temperature

allows for them to get outside and enjoy the crisp air!

Teachers are continuing with winter assessments on children, and will be sharing information at the third parent teacher conference scheduled for February 28, 2025. Centers will be closed on this date, so please make sure to schedule a time with your child's teachers.

## **Birthday News for Feb**



### **Chester Community Preschool**

CCP1 - Oliver B. 2/1

CCP2 - No Birthdays

### **Pine Street Preschool**

Daisy - Scarlett B. 2/1, Leonidas P. 2/2

Willow - Wynter P. 2/8

### **Staff**

CCP2 - Teacher - Randi S. 2/16

Willow Teacher Associate - Nicholle V. 2/18

## **NEWS FROM THE FAMILY/COMMUNITY/MENTAL HEALTH MANAGER**

BARBARA VANDENBURGH

## **Health/Mental Health/Family Services**

**SEVCA Family Services** is a program of SEVCA that assist people with various supports such as Housing, Heat and Utilities, Food Assistance, and various other supports. Their office that was

located at 97 Park Street in Springfield, has moved. The new office is now at: 56 Main St, Suite 301, Springfield, VT 05156

Call [\(802\) 722-4575](tel:8027224575) and listen for prompts.

## It's Tax Time!

### What is VITA?

The [Volunteer Income Tax Assistance \(VITA\) program](#) has been in existence for 50 years, offering free tax help to people who cannot afford professional assistance. Volunteers come from all backgrounds and undergo a comprehensive training program. Tax preparers must pass annual certifying exams to prove their understanding of relevant tax laws and proficiency of e-filing and tax preparation methods using IRS-approved software. SEVCA also provides assistance to Vermont residents that aren't required to file a tax return, but need help with their Homestead Declaration, Property Tax Credit Claim, or Renter Credit Claim. We can support you year-round.

### Who Qualifies?

- People who generally make \$67,000 or less
- Persons with disabilities
- Limited English-speaking taxpayers.
- During tax season, we offer appointments throughout Windham and Windsor counties. Our main office is located at 91 Buck Drive, Westminster, VT 05089.
- Other locations are located in Bellows Falls, Brattleboro, Chester, Londonderry, Ludlow, Putney, Springfield, Townshend,

White River Junction, Wilmington, and Windsor.

- For questions or more information, call or text **Emily Strasser** at 802-428-3032, or email [estrasser@sevca.org](mailto:estrasser@sevca.org).

### What does Wellbeing for Kids look like?

Wellbeing for kids is a combination of how a child feels about their life and how they are doing. It includes their physical, emotional, and social health, as well as their sense of purpose and control.

#### What contributes to a child's wellbeing?

- **Healthy habits:** Eating well, getting enough sleep, and exercising regularly
- **Positive relationships:** Having good relationships with family and friends
- **Positive self-talk:** Speaking to themselves in a kind and encouraging way
- **Sense of accomplishment:** Feeling good about their achievements
- **Stress management:** Learning healthy ways to deal with stressful situations
- **Community engagement:** Participating in educational, economic, and political institutions

#### How can parents help their child's wellbeing?

- **Praise:** Give your child praise when they behave in ways you want to encourage
- **Positive attention:** Play games together, do activities together, and ask about their interests
- **Encourage positive self-talk:** Help them talk to themselves in a kind and positive way
- **Help them manage stress:** Find healthy ways to deal with stressful situations
- **Encourage them to seek support:** If they are feeling overwhelmed, stressed, or struggling, encourage them to talk to a parent, sibling, or friend



Cover your sneeze, please! Help your children learn how to cover their sneezes and coughs by using the chicken wing method! This method helps to avoid spreading germs that are more easily spread when sneezing or coughing in your hands!

SEVCA Head Start Menu **February 2025**

Chester \* Springfield







Monday

Tuesday

Wednesday

Thursday

Friday

			<p>This institution is an equal opportunity provider.</p>	<p>This menu is subject to change.  WGR=Whole Grain Rich</p>
<p>3 <b>Breakfast</b> WGR Cereal Peaches 1% unflavored milk <b>Lunch</b> Chicken WGR Bread Carrot sticks Honeydew Melon 1% unflavored milk <b>Snack</b> Apple Slices with Peanut Butter Yogurt</p>	<p>4 <b>Breakfast</b> WGR Toast Pineapple 1% unflavored milk <b>Lunch</b> Cheese Pizza on WGR Crust Garden Salad Strawberries 1% unflavored milk <b>Snack</b> Celery with Cream Cheese Goldfish</p>	<p>5 <b>Breakfast</b> WGR Bagels Pears 1% unflavored milk <b>Lunch</b> Ground Turkey WGR Penne Pasta Broccoli Bananas 1% unflavored milk <b>Snack</b> Peach and Yogurt Smoothie WGR Multi-Grain Cheerios</p>	<p>6 <b>Breakfast</b> WGR Cereal Mixed Fruit 1% unflavored milk <b>Lunch</b> Chicken WGR Rice Corn Cantaloupe 1% unflavored milk <b>Snack</b> Hard-Boiled Eggs Cucumbers</p>	<p>7 <b>COOK'S CHOICE</b></p> 
<p>10 <b>Breakfast</b> WGR Cereal Apricots 1% unflavored milk <b>Lunch</b> Peanut Butter and Jelly on WGR Bread Cheese Sticks Cucumbers Watermelon 1% unflavored milk <b>Snack</b> Peaches WGR Wheat Thins</p>	<p>11 <b>Breakfast</b> Yogurt Applesauce 1% unflavored milk <b>Lunch</b> Cheese Pizza on WGR Tortilla Green Beans Bananas 1% unflavored milk <b>Snack</b> Carrots WGR Triscuits</p>	<p>12 <b>Breakfast</b> WGR English Muffins Peaches 1% unflavored milk <b>Lunch</b> Chicken with Alfredo Sauce WGR Rotini Pasta Broccoli Strawberries 1% unflavored milk <b>Snack</b> Mixed Berries Waffles</p>	<p>13 <b>Breakfast</b> Scrambled Eggs Pineapple 1% unflavored milk <b>Lunch</b> Ground Turkey WGR Rice Tomato Cucumber Salad Orange Slices 1% unflavored milk <b>Snack</b> Ham Roll-Ups Goldfish</p>	<p>14 <b>COOK'S CHOICE</b></p> 
<p>17</p> <p style="text-align: center;"><b>CLOSED</b></p> <p style="text-align: center;"><b>Civil Rights Day</b></p>	<p>18 <b>Breakfast</b> Cereal Mandarin Oranges 1% unflavored milk <b>Lunch</b> Ham and Cheese on WGR Bread Bananas Carrot Sticks 1% unflavored milk <b>Snack</b> Yogurt WGR Cheerios</p>	<p>19 <b>Breakfast</b> WGR Bagels Pears 1% unflavored milk <b>Lunch</b> Ground Beef WGR Spaghetti Mixed Veggies Honeydew 1% unflavored milk <b>Snack</b> Celery with Peanut Butter WGR Graham Crackers</p>	<p>20 <b>Breakfast</b> WGR Pancakes Applesauce 1% unflavored milk <b>Lunch</b> Ground Beef Taco WGR Soft Tortillas Lettuce, Tomato Mixed Fruit 1% unflavored milk <b>Snack</b> Peanut Butter WGR Rice Cakes</p>	<p>21 <b>COOK'S CHOICE</b></p> 
<p>24 <b>Breakfast</b> WGR Cereal Mandarin Oranges 1% unflavored milk <b>Lunch</b> Turkey and Cheese WGR Pita Cucumbers Blueberries 1% unflavored milk <b>Snack</b> Peanut Butter and Apple Slices</p>	<p>25 <b>Breakfast</b> WGR Toast Apricots 1% unflavored milk <b>Lunch</b> Cheese Pizza on WGR Toast Garden Salad Watermelon 1% unflavored milk <b>Snack</b> Cheese Sticks WGR Rice Cakes</p>	<p>26 <b>Breakfast</b> Hard-Boiled Eggs Mixed Fruit 1% unflavored milk <b>Lunch</b> Ground Beef with Cheese WGR Elbow Pasta Strawberries Green Beans 1% unflavored milk <b>Snack</b> Yogurt Bananas</p>	<p>27 <b>Breakfast</b> WGR English Muffins Applesauce 1% unflavored milk <b>Lunch</b> Ground Turkey Meatballs WGR Rice Gravy Corn 1% unflavored milk <b>Snack</b> Carrot Sticks WGR Wheat Thin Crackers</p>	<p>28</p> <p style="text-align: center;"><b>CLOSED</b></p> <p style="text-align: center;"><b>Parent-Teacher Conferences</b></p>



# SEVCA HEAD START HOLT Dental Grant



**Attention all Parents & Guardians.**

**Do you have dental work that you are struggling to have done or completed because of money? Well look no further.**

**Contact Lindsay today to learn more about the HOLT Dental Grant.**

**CALL LINDSAY AT  
802-674-8419**



# Check Out Our Preschool



## Mission Statement:

SEVCA Head Start empowers children & families to build opportunities for success through educations & resources.

Head Start is a federally funded, collaborative preschool program that provides services to children ages 3-5 in Windsor County. Children with disabilities, homeless, and non-English speaking families are encouraged to apply. For more information, or to complete an application, please call the Head Start center that serves your school district below. There is no cost for qualified families. Transportation is not available, however we will assist with car-pooling information. Please note that children must be 3 by September 1st.

## We provide:

- ~Safe, loving environments
- ~FREE breakfast, lunch and snack
- ~Family opportunities: Parent Groups, Policy Council, Participation in your child's education, and Fun Events!!
- Resources and Referrals for various family interest
- ~Health and Nutrition for children; hearing and vision screenings
- ~30 hours of preschool at NO COST to families that are income eligible
- ~Full Year Child Care Available, Participation in Universal Pre-K (10 hours of FREE Preschool with paid, full day childcare options)
- ~5 STARS Program

[www.sevcaheadstart.org](http://www.sevcaheadstart.org)

Pine Street Preschool (Springfield): 802.460.1285  
Chester Community Preschool (Chester): 802.460.0297  
After May 31st? Please call the Administrative Office  
at 802.460.8415 or email [Lcanfield@sevca.org](mailto:Lcanfield@sevca.org)



SCAN ME

# Protein



- Protein provides nutrients that help all kids grow.
- Protein foods include seafood, meat, poultry, eggs, beans, peas, nuts and seeds. When choosing protein foods select a variety of lean meat and poultry.
- It is common for children to dislike or refuse protein foods. Encourage them to try protein and eat it yourself. Just keep trying! 😊

## Chili Recipe

### Ingredients

- 1 pound ground beef or turkey
- 1 large white onion, diced
- ¼ cup water
- 2 14-ounce cans diced tomatoes
- 2 tablespoons chili powder
- 2 15-ounce cans beans, rinsed and drained

### Directions

1. In a large pot, cook the ground beef and onion over medium heat until beef is browned, about 7-8 minutes. Stir every now and then to help crumble up the meat.
2. Drain the meat mixture and return to pan. Add chili powder and stir well.
3. Add the beans, water, and diced tomatoes to the pot and bring to a slow boil. Cover and reduce heat to low; simmer for 20 minutes. Then uncover and simmer for an additional 5 minutes, stirring occasionally.
4. Put chili into bowls and serve hot!

## WIC APPROVED ACTIVITY

Today your child learned about proteins and colored this picture for you to post on your refrigerator.

To get credit for this WIC Approved Activity, call your WIC Office at **289-0600/295-8820** and let us know the recipe on this page.